

THE VALLEY STAR

THE INDEPENDENT STUDENT MEDIA OUTLET OF
LOS ANGELES VALLEY COLLEGE

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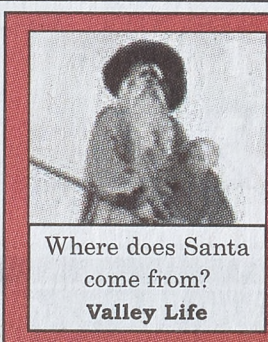
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Video game buying
guide
Valley Life



Flush with fashion -
three shots of
Campus Style



Where does Santa
come from?
Valley Life

VALLEY LIFELINE

Work smarter, not harder

■ Looking for that secret weapon for finals? Experts recommend oatmeal ... and sleep.

By JESSICA PEREZ
CONTRIBUTOR

Finals can be an overwhelming time for students, with 88 percent failing to get the recommended eight hours of sleep. Luckily, it's science to the rescue! Clinical researchers and psychology professionals say minding your health is key to avoiding anxiety and acing your exams.

During finals week, students fuel up for long nights in the library with caffeine and frequent trips to the vending machine. Junk food is tempting, but the best way to prepare your mind is to eat for energy with superfoods and antioxidants. Research suggests that fiber-rich and slow-digesting foods such as oatmeal are best. And what you eat a week in advance matters, too.

Cameron Holloway, a senior clinical researcher at the University of Oxford, tested 16 college students on attention and thinking speed: "They were fed a low-carb diet heavy on meat, eggs, and cream cheese; their performance declined. The students who ate a balanced diet that included fruits and vegetables, however, held steady scores."

"Take a five-minute break every hour to let your body produce more fuel for your studying. Eating a healthy snack is very beneficial, such as almonds, fruits, and yogurt."

Say no to cramming and don't save all your studying until finals week. Study in 20-50 minute increments by distributing learning over time, which benefits long-term retention.

Say yes to cardio. Science says that just 20 minutes of cardio can improve your memory. Whether you're dancing, jogging, or breaking a sweat by walking, exercise will increase your energy level and reduce the effects of both mental and physical stress.

While studying long periods of time, self-care is an important factor.

Students should work in things they enjoy, such as watching a certain TV show, spending time with family or eating at a particular restaurant. Taking 30-minute breaks and including activities that make an individual feel good can help with managing stress.

Robbie Rhodes, a staff member at Psychological Services at Valley College, said that nothing is wrong with the intake of caffeine for a boost, but relying on caffeine as a performance-enhancing drug and drinking it constantly

see *Studying*, p. 3

RACE IN AMERICA

Blinded by the flashlight?



THE BLACK LIVES MATTER MOVEMENT has become seemingly ubiquitous - representatives pictured here at a minimum-wage rally - but groups such as Saving Black Boys wonder if the long-needed light it shines on one area casts shadows on others.

■ Black lives do matter - including ones taken by gang violence.

By KITIANA ADAMS
CONTRIBUTOR

Nineteen-year-old Tavin Terrell Price was fatally shot on Crenshaw Boulevard and Florence Avenue earlier this year after being confronted by gang members over the color of his shoes. Chicago's Tyshawn Lee, 9, was shot and killed in an ally as gang-related revenge against his father.

With racial tension rising in America, organizations like Black Lives Matter have focused on racism towards blacks while ignoring the affect gang violence has had on young black men.

In the past 35 years, over 324,000 blacks have been killed by fellow blacks and the killings are assumed to be gang-related, according to the American Free Press. Save Black Boys (SBB), a Compton based organization, may be considered to be part of the same movement as BLM, but their goals are different. The organization focuses on local communities that have been affected by black-on-black crime.

"My grand focus is them, the children," said Ke'von Gulley founder of SBB. "Now it's time to rebuild this village."

see *Saving* page 7

FINALS SCHEDULE INSIDE Complete listing P. 3

VALLEY PEOPLE

Not her final fantasy

By JASON UNTARAN
CONTRIBUTOR

Tatiana Orozco may be known for being decked out in animal skins and carrying a spear, but the talented cosplayer actually dreams of making the world a better place for wildlife.

The 22-year-old Valley College student is a passionate animal lover who has gathered a following for her elaborately detailed looks approximating real-life versions of figures from anime and video games, such as League of Legends character Nidalee, the Beastial Huntress.

As cosplaying rises as a profession, major figures such as Jessica Nigri (2.7 million Facebook followers) are thought to make around \$100,000 a year. Orozco may have had a chance to work full time designing and making beautiful costumes and traveling around the world from convention to convention, but she decided instead to work tirelessly to get into the Exotic Animal Training Management (EATM) program at

Moorpark College.

That program gets hundreds of applications every year for its 50 spots, training entrants into a field that pays a median annual salary of \$25,320.

At age 8, she took in her first pet, Chester. Chester was a kitten all alone, without a mother, and too young to fend for itself. Rescuing him was the spark that made Tatiana realize animals breathe and feel like she does.

From that moment on, she took on the obligation to take care of as many animals in need as she could and to inspire the rest of her fellow human beings to feel the same. She sets her sights on becoming an advocate for animal rights, and works every day to preserve and care for the wildlife she has the pleasure of encountering. Employed full-time since June of 2013 at the Wildlife Way Station located in Sylmar, California, her ultimate goal is to inspire a new generation to love and value all forms of life as if it were

see *Orozco*, p. 3



SSSSO NICE - Valley student Tatiana Orozco, seen here in one of her own costume designs inspired by her love of animals, is a popular cosplayer who is serious about animal care.

PERFORMING ARTS



ALVIN CUADRA / VALLEY STAR

RING-A-DING-DING - The Valley College Performing Arts Department mounted "Ring Round the Moon," a comedy of manners adapted from Jean Anouilh's "L'Invitation au Chateau," or "Invitation to the Castle." Fittingly, the cast was made up of 20 Monarchs.

SEE STORY, P. 6

Ready, able and talented

■ The Abilities Club's Open Mic Night rocks the house.

By KYLA HULETT
COPY EDITOR

Each of the 70 or so visitors to Monarch Hall Tuesday evening was warmly greeted with a handshake from faculty advisor and baseball coach Dave Mallas. Positive vibes flowed as the Abilities Club's Open Mic Night overflowed with talent: there were stand-up and sit-down comics, performing artists who sang covers and originals, a beat boxer, musicians, spoken-word artists and a Christmas skit.

The Abilities Club is a coalition of students, faculty and volunteers all out to accomplish a similar goal. Founder and club advisor Daniel Parsons, who started the club in 2013, said, "I wanted to start something that everyone

could be apart of that would not only help those with disabilities integrate more easily into society but do it with confidence. I wanted them to have an environment they could come out of their shell and succeed."

The Abilities Club has sought to demonstrate that no matter your circumstance, your disability does not define who are. You are just simply challenged with a disability.

The talented roster included rappers and singers. Among the highlights were performances by Rhianna Alana Lewis, who sang original songs, Ira Lanbaum singing "Be My Love" and a surprise performance by Valley football player David Lemoto. Ripsime

see *Open* page 7

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NEWS

HOME VIDEO

All you've got to do is stream

■ Media consumers no longer up a creek.

BY RYAN GABRIEL
CONTRIBUTOR

With the winter break around the corner, now is the perfect time to catch up on those TV shows your classmates and coworkers just tweeted about. Thanks to streaming, you don't need to be awsim.

Services such as Netflix, Hulu, and Amazon Prime offer many shows available via traditional cable outlets, as well as a hefty selection of original programming that's giving broadcast networks a run for their money. With so much content available on demand and at potentially far lower costs, more and more people are leaving their cable and satellite providers in favor of streaming outlets in what has been dubbed "cord cutting." Cable and satellite services lost more than 500,000 users in the first half of 2015.

Devices that stream to your television, such as AppleTV or the Amazon Firestick, meanwhile, are becoming increasingly ubiquitous and can suit many price ranges, meaning although you can watch content on your computer or phone, you don't have to limit it to those small screens. Monthly subscriptions to the major streaming services mentioned adds up to far less than the average cable bill with a comparable selection.

Netflix, the reigning king of streaming with 69 million subscribers worldwide, offers the largest library of movies and television at only \$7.99 a month. However, aside from their original programming, their TV selection isn't the most current, generally releasing the most recent season

of a show about a month before its new season is set to begin.

This option is still great for catching up on favorites such as "The Walking Dead," "Doctor Who" and "Arrow." But Netflix's original content has started a new wave of grittier TV drama and pushed the boundaries of alternative comedy. Marvel's series "Daredevil" and "Jessica Jones" have grounded superheroes, placing them in the slums of New York instead of flying over them. "Parks and Recreation" alum Aziz Ansari's new comedy series, "Master of None," offers a hilariously honest look into what it means to be a modern adult.

Hulu, however, has the superior selection when it comes network television. Offering a small selection for free, their premium subscribers get new episodes the day after they air for networks such as FOX, ABC and the CW. And their stable of original programming is on par, if not better than, the network shows they host. Hulu's slate offers a rich selection of comedies including "Difficult People," featuring "Parks and Rec" favorite Billy Eichner, and director Jason Reitman's first foray into television, "Casual."

Hulu Plus costs \$7.99 per month, with a commercial-free option for \$11.99.

Aside from Hulu and Netflix, there are several other streaming services to round out your buffet of television programming. HBO Now offers the network's entire slate of original shows an a sizeable selection of movies, without requiring a standard HBO subscription, for \$14.99 a month. Other

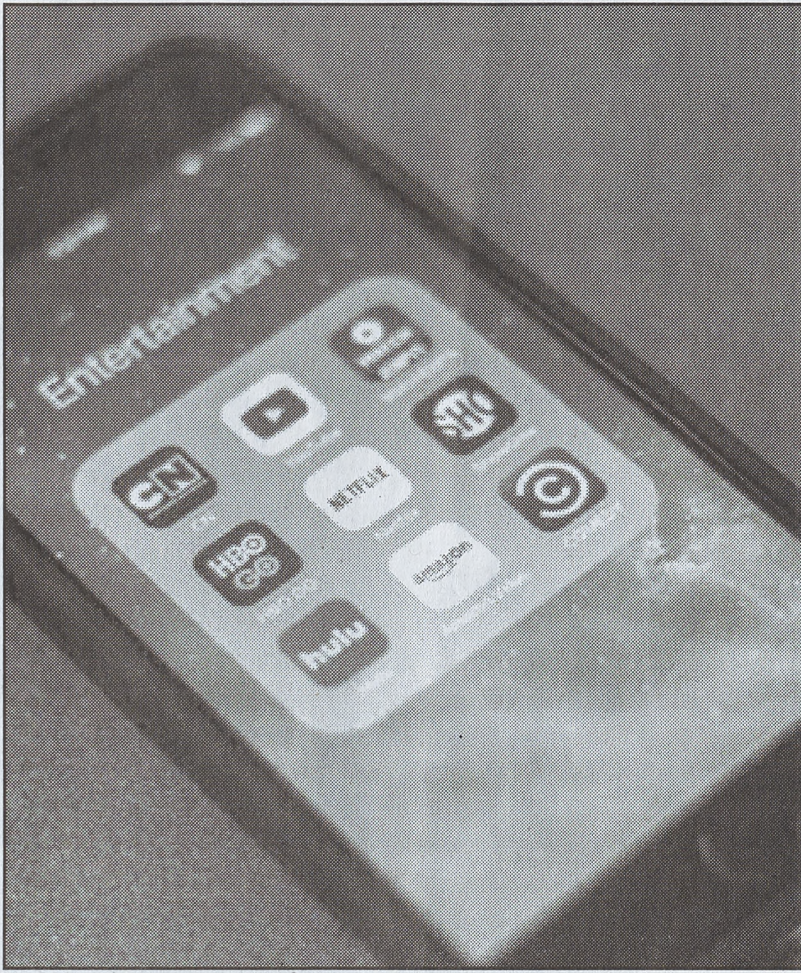


PHOTO ILLUSTRATION BY ALVIN CUADRA, PHOTO EDITOR
JUST KEEP STREAMING, JUST KEEP STREAMING - Cable services have suffered thanks to the amount of available, affordable streaming outlets.

TV networks such as CBS, ESPN, Comedy Central, and Cartoon Network all have their own apps, though most content can only be accessed with a cable subscription.

If you can't seem to find your favorite show elsewhere, Amazon Video and iTunes both offer marketplaces for purchasing either individual episodes or a season pass. Additionally, Amazon Prime (\$99 a year) grants subscribers free access to a large selection of their video library, as well as free shipping and exclusive offers when shopping from their website.

Cord cutting does have its drawbacks. Sports fans still have a paltry selection

when it comes to streaming live sports, with CBS Sports being one of the few options available without a cable subscription. Also, most streaming services recommend at least a 5 MBps connection for HD quality video and many streaming devices require WiFi, so fast Internet service and a good router are essential for smooth viewing.

However, with faster Internet speeds becoming more affordable, that giant cable box can soon be replaced with a tiny USB stick. With all these options at your fingertips, less can be more for those adding streaming devices to holiday wish lists.

He was chosen by the music

■ Norwegian jazz sax player returns for another gig at Valley.

BY JESSICA PEREZ
CONTRIBUTOR

During high school, the guitarist in Terry Lee's blues band introduced him to John Coltrane's classic jazz album, "A Love Supreme." It was a revelation.

"The first note of Coltrane's tenor sax I heard on that album, all I wanted to do was play the saxophone," says Lee. "Coltrane's sound was and still is pure magic."

Outsiders might not think of Oslo, Norway as a hotbed of jazz, but it's the home of the Oslo Jazz Festival and the Royal Norwegian Academy of Music where Lee received his music education degree. Still, he longed for the Mediterranean weather on the beaches near where his favorite music was being produced, so in his late 20's, he headed for California.

Lee's duo, Terje Lie, will be playing at Valley College at the Music Recital Hall on Nov. 18th presenting a mixture of jazz and classical compositions, leaning towards impressionistic and abstract approaches.

"I love Debussy and Ravel, but one of my absolute favorite composers is Baroque composer Johann Sebastian Bach," says Lee. "We'll include his 'Siciliano' piece, which is the second movement from his Second Sonata for Flute and Harpsichord."

As a boy, he got started in music with the alto horn, the trumpet, and the guitar. He was a vocalist in a blues band during his high school years and went on to become a jazz vocalist. His passion for the saxophone didn't start until he was 25. Lee feels it lets him express himself more fully than any other instruments; he had an instant connection to it while getting opportunities to tour through Sweden, Norway, and Finland with different blues and contemporary jazz bands.

"The tenor saxophone has a special value to me in particular. It feels like a part of me," he says.

In California, he went back to school to get his

Master of Music Degree in jazz studies at California State University Long Beach as well as pursuing post-graduate studies in music education. In college, his instrumental priority was the flute because of its use in classical music. Instructors warned him that playing the sax would make it difficult to maintain a pure sound because the classical flute needed to be very clear and crisp and saxophone players' lip muscles develop in a way that makes that difficult.

Lee began performing solo during his junior year, singing American folk-style songs inspired by Bob Dylan, accompanied by the guitar. His quartet group which consists of a keyboardist, bassist, and a drummer played at Valley College in 2013 focusing on contemporary jazz and basic jazz tunes.

"Jungle," a track on Terje Lie's "Bright Moments" album, expresses a variety of funk rhythms and the guitar solos played by Terje Lie's guitarist, Michael Landau hear back to Jimi Hendrix. Lee incorporates a large spectrum of influences from blues, jazz, and various styles of funk.

Though his main sources of inspiration are Coltrane and Miles Davis, he concludes that his inspiration is something much deeper and spiritual.

"My fundamental inspiration is a forceful energy inside of me," he says. "I always hear and feel the music. The forceful energy is just part of my body at all times."

Lee would like to leave a legacy of someone who was completely dedicated and played with a genuine and individual style. He explains that ambition is essential to pursue a passion because you're satisfying a need that's deep in the soul and body, the outcome is pure gratification.

"It's about whether you have to play just like you have the need to eat," he says. "If that need of playing music is in you, you really don't have a choice. Music chooses you."

Terje Lie plays the Music Recital Hall (Mus 106) on Nov. 18 at 1 p.m. Admission is free.

'Orozco'

continued from page 1

their own.

"I want to tell kids that we share this planet with other species," she says. "They eat, they sleep, they are like us in some ways."

She hasn't completely abandoned cosplaying, her other passion for over a decade. Apart from modeling characters from games such as League of Legends and Final Fantasy, she

creates original character designs inspired by her love of animals. Still, cosplaying has clearly taken a backseat for her now - despite her new job's hours.

"I don't like waking up early," she says, "but there's not a day I don't feel like going to work."

When asked how long she thinks she'll be in the career she's studying for now, she said without hesitation, "I see myself myself working with animals for the rest of my life."

'Studying'

continued from page 1

throughout the day can interfere with sleep.

Students are better off studying five fewer hours and getting more sleep because all-nighters can wear the brain out.

"It's harder to access the information when your brain is exhausted, when you're fatigued and your mind is unclear," said Rhodes. "Your brain consolidates information when you sleep, so I always recommend to students to prioritize sleep over extra studying."

Final Examination Schedule

Monday, December 14 to Sunday, December 20

- Except for classes of less-than-semester length, the LAST DAY OF REGULAR INSTRUCTION IS SUNDAY, DECEMBER 13.
- Classes meeting less-than-semester length will have the final exams at the last meeting of the class.
- FINAL EXAMINATIONS MUST BE HELD ON THE DAY AND TIME SCHEDULED AND IN REGULARLY ASSIGNED CLASSROOMS.
- FRIDAY CLASSES will have their final during the regular class meeting on December 18.
- SATURDAY CLASSES will have their final during the regular class meeting on December 19.

To use the schedule below:

- Locate the day and hour of your class on the grid.
- Days of the week are abbreviated: M T W Th F for Monday, Tuesday, Wednesday, Thursday, Friday.

DAY CLASSES

Day and Date Of Final Exam	MONDAY DEC 14			TUESDAY DEC 15		
Time of Exam	8:30am - 9:30am	9:30am - 11:30am	12:30pm - 2:30pm	8:30am - 9:30am	9:30am - 11:30am	12:30pm - 2:30pm
Normal Class Schedule	6:10 - 7:55 MW	9:40 - 10:50 MTWTh	1:00 - 2:10 MTWTh	6:30 - 7:55 TTh	9:40 - 11:05 TTh	1:00 - 2:25 TTh
	6:45 - 7:55 MTWTh	9:40 - 11:05 MW	1:00 - 2:25 MW		9:40 - 10:55 TThF	1:00 - 2:15 TThF
		9:40 - 10:55 MWF	1:00 - 2:15 MTWTh		9:40 - 12:10 TTh	1:00 - 3:30 TTh
		9:40 - 12:10 MW	1:00 - 3:30 MW			

Day and Date Of Final Exam	WEDNESDAY DEC 16			THURSDAY DEC 17		
Time of Exam	8:00am - 10:00am	10:30am - 12:30pm	1:00pm - 3:00pm	8:00am - 10:00am	10:30am - 12:30pm	1:00pm - 3:00pm
Normal Class Schedule	8:15 - 9:25 MTWTh	11:20 - 12:30 MTWTh	2:15 - 3:50 MW	8:00 - 9:25 TTh	11:20 - 12:45 TTh	1:45 - 3:10 TTh
	8:00 - 9:25 MW	11:20 - 12:45 MW	2:30 - 3:40 MTWTh	8:00 - 9:15 TThF	11:20 - 12:35 TThF	1:45 - 3:00 TThF
	8:00 - 9:15 MWF	11:20 - 12:35 MWF	2:40 - 4:05 MW	8:00 - 10:30 TTh	11:20 - 1:50 TTh	2:40 - 4:05 TTh
	8:00 - 10:30 MW	11:20 - 1:50 MW				

EVENING CLASSES

CLASSES MEETING AT 3 PM OR BEFORE 5 PM			CLASSES MEETING AT 5 PM OR BEFORE 6 PM			CLASSES MEETING AT OR AFTER 6 PM		
Class Meets	Exam Date	Time	Class Meets	Exam Date	Time	Class Meets	Exam Date	Time
M	M Dec 14	4 - 6pm	M	M Dec 14	4:30 - 6:30pm	M	M Dec 14	7 - 9pm
T	T Dec 15	4 - 6pm	T	T Dec 15	4:30 - 6:30pm	T	T Dec 15	7 - 9pm
W	W Dec 16	4 - 6pm	W	W Dec 16	4:30 - 6:30pm	W	W Dec 16	7 - 9pm
Th	Th Dec 17	4 - 6pm	Th	Th Dec 17	4:30 - 6:30pm	Th	Th Dec 17	7 - 9pm
MW	M Dec 14	4 - 6pm	MW	W Dec 16	4:30 - 6:30pm	MW	M Dec 14	7 - 9pm
TTh	T Dec 15	4 - 6pm	TTh	Th Dec 17	4:30 - 6:30pm	TTh	T Dec 15	7 - 9pm

In the event of a conflict, speak with your instructor to schedule an alternate time to take the final.

HAPPY HOLIDAYS FROM THE VALLEY STAR

Specialis historia nativitatis

■ **Want a traditional Christmas? Hang the fir boughs and look out for Odin the All-Father!**

By ZACHARY SIERRA
STAFF WRITER

What do you do for Christmas? Buy a tree? Celebrate on the 25th? Leave cookies out for Santa? Most people are familiar with these traditions, if not their origins.

Let's start with Santa Claus, the indelible symbol of Christmastime in America: Big white beard and bright red suit, riding through the Christmas Eve sky, delivering presents to all the good boys and girls.

Some people know about the 4th-century individual known as St. Nikolas of Myra and how he inspired the modern tales. Fewer people know about Norse mythology's contribution to Christmas.

In the old (really old) days, kids would scan the skies for Odin, the All Father, riding his magical six-legged horse Sleptnir, delivering both gifts and punishments. Children would fill their shoes with treats for the magical horse to enjoy while Odin handed out his gifts.

This tradition is echoed in a number of other cultures who still leave out their shoes on Christmas Eve and our gifts to Santa

Claus in the form of milk and cookies.

Bad children, by the way, could expect to be stuffed into Odin's bag and taken away ... apparently to Spain.

After a few Scandinavian winters and diets of seabirds and their eggs, a visit to Barcelona with churros con chocolate and Paz Vega might encourage some bad behavior among Norse kids.

And where does Santa leave the presents? Under the tree of course - another holdover from our pagan ancestors. Being evergreen, something very important in nature-based religions, ancient pagans worshipped such trees as symbols of rebirth and everlasting life. They would hang pine, fir, and spruce boughs over doorways and windows to drive away evil spirits, sickness and even witches.

Christians didn't adopt the Christmas tree until the 16th century. But Christmas Day itself is much older.

In A.D. 350, Pope Julius I, bishop of Rome, proclaimed Dec. 25 to be the official day to celebrate the birth of Christ. He did this despite the fact that Christ would have most likely have been born in late summer or early fall. Why? Yet another pagan tradition of course!

The pagans celebrated a day known as Deus Sol Invictus, or Birthday of the Unconquerable Sun, to wor-



PHOTO ILLUSTRATION BY ZACHARY SIERRA / VALLEY STAR
WHO'S THAT MAN? - Gandalf? The Led Zep hermit? Nope! Santa Odin!

ship pagan sun gods.

Other celebrations also took place around the time, such as Saturnalia and the Kalends. Not to be outdone, the Catholic Church placed Christmas during this time period to compete with and

absorb followers of the old faiths.

Numerous other traditions have origins far beyond their current scope. Indeed as the Romans would say, "Nihil sub Sole novum."

'Tis the season to connect

■ **A personal message from a Star writer.**

By MELINDA HENRICKS
STAFF WRITER

This year the holidays arrive amidst war, destruction, and unrest. Many of us, as Americans, will enjoy the warmth and comfort of family and friends. However, for some, this a time of stress and feeling displaced. It is important to remember that although we cannot control what is happening around us, we do control how we respond. If you are lonely or worried and religious, try getting in touch with your faith. If you're not a believer, there are plenty of ways to make yourself useful in the best holiday spirit of selflessness and community.

Psychologists recommend "getting out of yourself and giving to others as being one of the most therapeutic avenues you can pursue." There are many local charities where you can get involved and help others that are less fortunate. Health-care professionals agree that activity can be extremely beneficial during this time of year.

We live in a country where we are free to embrace our individual cultures and religious beliefs. Pew research informs us

that "more than nine out of 10 people still believe in God." For many, the holidays can be a perfect time to find a place of faith and embrace it.

Los Angeles boasts one of the largest Jewish populations in the United States and there are many temples/synagogues in the San Fernando Valley. This year Chanukah began at Dec. 6th at sundown. This eight-day holiday marks the miraculous victory of the Jews, led by the Maccabees, against Greek persecution and religious oppression during the 2nd century BCE.

In addition to being victorious in war, another miracle occurred: When the Maccabees came to rededicate the Temple, they found only one flask of oil with which to light the Menorah. This small flask lasted for eight days. In order to commemorate this miracle, they light a Menorah for the eight days of Chanukah. Therefore, Chanukah is known as the "festival of lights."

My grandfather was a Lt. Col. in the U.S. Army; he was the most patriotic individual that I have ever known. He related a story I have never forgotten: At midnight on Christmas Eve, amidst battle, the soldiers were able to hear the

see **Holidays** p. 7

CAMPUS STYLE

Super style sisters

■ **Joselyn and Jasmine Yang have it together, and it shows.**

By MELINDA HENRICKS
STAFF WRITER

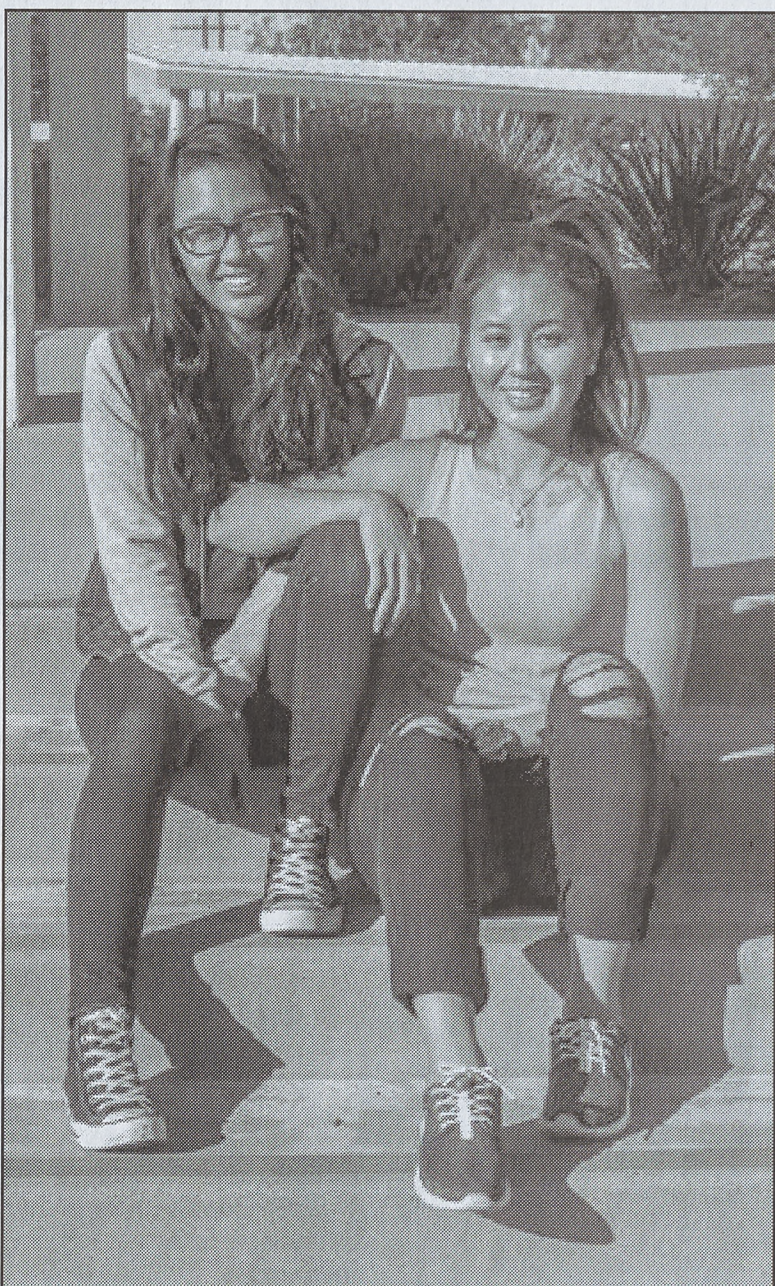
They definitely have the whole package. Jasmine and Joselyn Yang are sisters in the truest sense of the word. Their friendship and affection for each other is evident.

Jasmine's style is an eye pleasing blend of sporty, classic, and chic. For Jasmine fashion came naturally. Her flair for style was aided when her grandmother gave her a sewing machine and she became creatively involved with her wardrobe. Jasmine is 20 years old, and she is a graduate of North Hollywood High School. She spent her freshman year at the University of Oregon.

Joselyn is wearing her dark skinny jeans paired with a jacket and her Converse high tops. Jasmine is wearing cut jeans and a classic short sweater top. Both girls will be returning for the spring semester and pursuing their independent goals while supporting each other's aspirations.

Jasmine works at Forever 21 in the Sherman Oaks Galleria where she buys some of the trendy pieces in her wardrobe. However, she will be working at Sephora which is a high-end beauty supply store, also in the mall. Jasmine mixes classic pieces with a sporty look and feel; creating a rich and textured appearance. Additionally, she shares her wardrobe with her younger sister Joselyn who is a freshman at Valley College.

Jasmine is sociology major. She is also athletic and would like to help



MELINDA HENDRICKS / VALLEY STAR
DOIN' IT FOR THEMSELVES - These sisters are on their way.

organize a girls' volleyball team at Valley. She is enjoying college and states that she feels as though "she gets more individual attention here." from her instructors than she did at Oregon. Her boyfriend, Geordan Sayles is a point guard on the Valley Basketball team.

Joselyn is 18 years old and she is majoring in stu-

dio art. Jocelyn loves to draw and is also a musician; she plays guitar and other string instruments. Joselyn's style is built around clean lines and comfortability. Her favorite pieces are super dark skinny jeans paired with a blouse or sweater. She likes boots with heels, however, she is most comfortable in her Converse high-tops.

CAMPUS STYLE

She trusts the fashion force

■ **Retro, mismatched and sci-fi chic, her style is a Jedi mind trick.**



JAZMINE SANCHEZ / VALLEY STAR
FANBOYS GET READY TO FAINT - The force is strong with this one.

By JAZMINE SANCHEZ
STAFF WRITER

In a galaxy far, far away, there lived a human whose sci-fi inspired fashion force-ifies a wardrobe that is out of this world.

Her name is Jacqueline Colindres and she is a 24-year-old theatre major who has been attending

Valley College for two years now.

She first started watching Star Wars films when she was 5 years old and has been a huge fan ever since.

With the craze about the new film coming out soon, she has been incorporating the films into her outfits.

Such clothing arti-

cles include a Chewbacca sweater, her X-wing fighter vehicle cardigan, and even Yoda and Luke Skywalker shoes.

She makes most of her purchases for her Star Wars items from online sites such as HerUniverse.com and Irregularchoice.com.

"My style is very modern-retro and mismatched," Colindres says. "I don't get my clothing inspiration from fashion designers but mostly from films."

The 40's pinup-girl look is another example of what inspires Colindres' fashion. One of her favorite articles of clothing from that era would have to be her sail-or cardigan that she used to pair with nearly everything she wore. Now, she says her staple items are dresses and lipstick.

"What I decide to wear usually depends on my mood," Colindres said. "If I feel really comfortable I wear a dress or if I'm in a bad mood I'll wear something that will make me feel better."

She gets most of her clothing from stores such as Marshalls and Kohl's, but when she has extra money she does some splurging on websites such as Modcloth.com.

"If I'm buying something that's vintage I'd rather pay the price for it, but I also try to be smart about it and look it up on eBay for a cheaper price," Colindres says.

In her spare time, this fashion-forward gal enjoys going to museums or checking out boutiques in downtown Los Angeles.

She is also one of the dressers for Valley College's fall play, "Ring Round the Moon."

L.A. ARCADES

Jager bombs & Joysticks

■ Classic arcades are back in L.A. bars.

By JAZMINE SANCHEZ
STAFF WRITER

Galaga, Tron, Street fighter, and more are making a come back at local bars in Los Angeles that are giving gamers a run for their money.

Who doesn't remember the joy of arcade games? Games such as Pacman, Dig Dug, Mortal Kombat, or Duck Hunt. Well now they are available for you at three different locations in Los Angeles.

"Eighty-Two" is located in the downtown Arts District. It is a 21+ arcade spot accompanied by a full bar that serves you up drinks with game titles such as "Princess Peach" (vodka, lemon, agave, peach puree), "Kill Screen" (tequila, lime, agave, strawberry, blackberry, jalapeno, cucumber), and for those first attending the bar, "n00b" (vodka, lemon, honey, lemongrass, apple juice, bee pollen).

You're offered classic arcade games and pinball machines, which are separated by two different rooms, that cost either 25 or 50 cents. In between both rooms, you have an outside patio that fills itself up.

In the back area there is a food truck that offers authentic Mexican food to Eight-Two customers. If you expect to get in, it is best to show up early due to a line wrapping itself against the building, especially on weekends. The

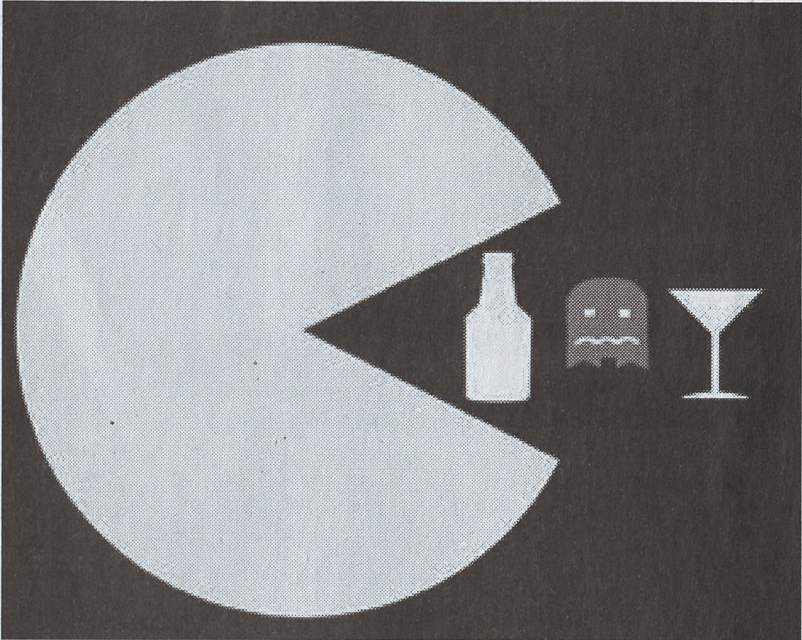


PHOTO ILLUSTRATION BY ALVIN CUADRA / PHOTO EDITOR
GAME OVER - Popular arcade games such as Pacman, Galaga, Tron, etc have returned to local bars in the Los Angeles area.

best part, there is no cover fee to get in. Hours of operation are Tue.-Thurs. 6p.m.-2a.m., Fri. 5p.m.-2a.m., and Sat.-Sun 2p.m.-2a.m.

"The One Up" is located in Sherman Oaks. According to their Facebook page, it is described as "a man-cave after the girlfriend got ahold of it or a sexier version of the basement in your parent's house." This bar offers arcade games in machines that hold multiples attractions in each one. The difference here is that you don't need coins to play because its free to its costumers.

"The One Up" offers food made by a culinary team and it ranges from Cap'n Crunch fried chicken and waffles, pork belly pepper jack mac & cheese, to their very own house-made Twinkies. Their hours of operation are Mon.-Fri. 4p.m.-2a.m. and Sat-Sun 12p.m.-2a.m. with no cover charge to enter.

The most recent barcade that has opened up in the LA district is located in Echo Park called "Button Mash". Owners Jordan Weiss and Gabriel Fowlkes, along with Starry Kitchen's Thi and Nyugen Tran have brought forth a new barcade that offers Los Angeles classic arcade games and food to its residents.

From its crispy tofu balls, braised Coca-Cola jackfruit sandwich (Mexican coke, hoisin, shredded cabbage, mozzarella cheese), to their desserts such as lychee panna cotta (Lychee, salted plum sauce, heavy cream), "Button Mash" offers a variety of meals to fill you up while enjoying the 80's ambiance and games.

of these rad spots. The 80's are coming back in full force and what better way then bringing back classic arcade games to the public.

VIDEO GAME REVIEW

The gospel according to Fallout 4

■ It's the armed and dangerous gorilla in the game room. But how good is it, really? Two gamers offer their analysis.

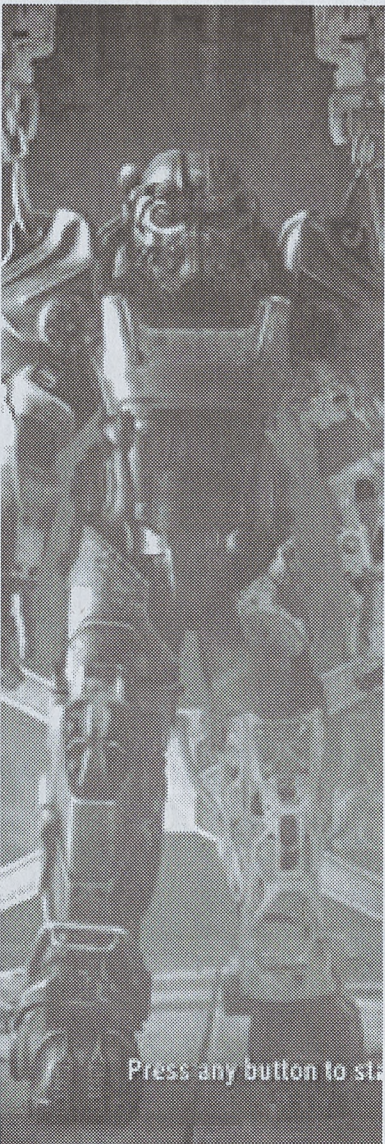
By OLIVER ASTON
CONTRIBUTOR

It's not often as gamers that we're treated to a wasteland as far reaching and vast as those of Bethesda's fallout titles. After all, it's been 5 long years since there's been a new game in the series but, finally "Fallout 4" is here and it's once again time to wander the wasteland.

The story of "Fallout 4" begins in earnest on the day the bombs fell and collectively fried the world in a nuclear holocaust. Your character has been selected to have a space in the local underground vault, number 111. However, upon entering the supposed safe heaven it becomes immediately clear that things are not what they seem and you're cryogenically frozen only to awake 200 years later, your wife or husband dead and your child stolen.

When you leave the relative safety of the vault you enter a very different

see *Fallout* p. 7



BETHESDA GAME STUDIO
MAN OF SHIELD - "Fallout 4" received a 9.5/10 review score from IGN.

By ZACK SIERRA
STAFF WRITER

Few games garner more hype than Bethesda RPGs. Each recent console generation has been graced by at least one titanic RPG from both the Elder Scrolls and Fallout franchises, and in due course received awards, critical approval and a rabid fan base willing to lose hundreds of hours to the enormous sandboxes begging to be explored.

But, there are heretics. People who break from the true faith and forgo these digital wildernesses, who shun the radioactive wastes of the Fallout franchise. I was one of these apostates. I never touched the first two Fallout games, before my time. And when Fallout 3 was announced I glorified at the idea of a post apocalyptic Oblivion to dump another 300 hours unto.

However, when the game came out I couldn't bring myself to play it.

Muddy textures, bland

see *Skeptic* p. 7

HOLIDAY GAMING

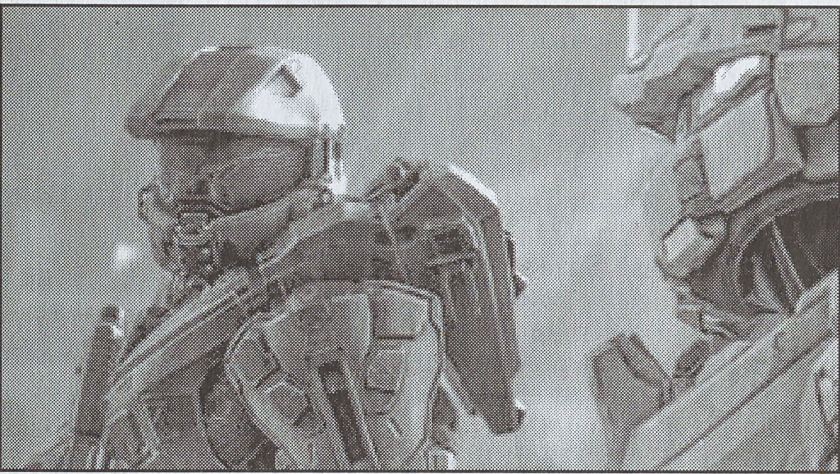
'Tis the gaming season

■ A breakdown and review of the latest games for the holidays.

By OLIVER ASTON
CONTRIBUTOR

The holidays are upon us and the chances are there's a gamer in your life. Whether they're young or old, The Valley Star has got you covered with some great gifts for those who like to play.

FOR XBOX ONE
(MSRP \$349.99)



BAGO GAMES FLICKR.COM
HALO.. IT'S ME.. - "Halo 5: Guardians" grossed over \$400 million in its first 24 hours and \$500 million in its first week, according to Microsoft.

It's no secret that Microsoft's console has undergone sweeping changes since its 2013 introduction. Two years later and the Xbox ONE has matured into an amazing machine with a fantastic lineup and number of great features like the ability to play Xbox 360 games on the console. With that in mind, here are some of our favorite picks for the system.

"Halo 5: Guardians" MSRP \$59.99

The Halo series has a history of excellence, but "Halo 5" brings the series to Microsoft's latest box in top form. The game's levels are the best in series history and the multiplayer is sure to keep shooter nuts busy for a long time to come. This is one of the best games you can purchase this year period.

"Rock Band 4" (also available on PS4) MSRP \$89.99

After a five-year absence, Harmonix's once prominent music game returns to rock the living room once more. While the actual formula is very much unchanged from prior installments, there's still nothing quite like getting together at a party and jamming along with a few friends.

FOR PLAYSTATION 4
(MSRP \$349.99)



BAGO GAMES FLICKR.COM
THE BLOODBORNE IDENTITY - "Bloodborne" won "Best Original Game" and "PlayStation Game of the Year" at the 2015 Golden Joystick Awards.

There's little doubt that the PS4 will be the console of choice for most people this holiday, with over 30 million units sold the PS4 has been a huge boon for Sony and shows no signs of slowing down. Admittedly the first-party lineup is a little sparse but, as the most powerful eighth generation console the PS4 often sees the superior versions of multiplatform titles.

"Bloodborne" MSRP \$29.99

While there have been very few PS4 exclusives in the console's first two years, and even fewer aces, "Bloodborne" is unquestionably the best card in Sony's hand. This tough as nails action game shares its DNA with From Software's "Dark Souls" but improves upon it in substantial ways to give the PS4 one of its most unique and hardcore experiences.

"Fallout 4" (also available on XB1 and PC) MSRP \$59.99

As arguably the most anticipated game of the year "Fallout 4" stands as the 800-pound gorilla of the gaming industry. There is so much to do in Bethesda's latest roleplaying game that it's easy to lose hours and even days to defending or destroying Boston's irradiated Commonwealth. As in previous Bethesda's RPGs, the choice is yours as far as where to go and what to do. This remains an addictive formula and makes "Fallout 4" one of the best games of the year.

see *Games* p. 7

Anouilh and ennui among the social set

■ **"Ring Round the Moon" spins characters whose lives orbit around love, lies, and wealth. A cast of 20 mounts the Valley production in the Horseshoe Theater.**

By JAZMINE SANCHEZ
STAFF WRITER

The Valley College Performing Arts Department's production of the social satire "Ring Round the Moon" took the audience into the story of twin brothers, Hugo and Frederic, both played by Vincent Smith.

Adapted in 1950 by Christopher Fry from Jean Anouilh's 1947 "L'Invitation au Château," the play finds strong-willed Hugo trying to convince his brother Frederic he's in love with the wrong girl.

Hugo hires a lower-class ballerina from the Paris opera to convince Frederic to fall in love with her. Of course, it turns out Frederic is in love with the object of his brother's affection.

The comedy of manners takes place in late spring in the winter garden of a French château. Tall, black, curved walls were put in front of the Horseshoe's stage, combined with three sets of glass-windows that enclosed the audience into the set. It is the first time

the Horseshoe Theater has allowed audience members to be seated on stage.

Professor Jennifer L. Read beautifully designed the scenery and lighting design for the play. From the Chinese lanterns to the dazzling array of glistening lights hanging from the ceiling, the feeling of elegance was set throughout the whole room.

Fine white seats were positioned on top of an emerald mosaic floor that was painted by professor Cathy Susan Pyles. Light hues were differently put together to show the difference between the multiple moods. The choices in costume varied from very rich tailored suits, alluring gowns that resembled wealth to mismatched or dull in color outfits that demonstrated the lower class.

Theater professor Christopher Coddington directed a cast of 20 Valley students, led by the 29-year-old Vincent Smith. As both Frederic, a passionate young man whose life thrives on the true feeling of love, and Hugo, an aggressive, dom-



ALVIN CUADRA / PHOTO EDITOR

POW, STRAIGHT TO THE MOON - Isabelle (Kathryn Weeks) is a pawn in Hugo's (Vincent Smith's) game in the Valley College production of "Ring Round the Moon," adapted by Christopher Fry from Jean Anouilh's 1947 "L'Invitation au Château." Smith plays twins Hugo and Frederic in the comedy of manners.

inating gentleman, Smith, an Army vet from Virginia, clearly distinguished between the opposite personalities of the brothers.

The character of Isabelle, a timid ballerina, was played by 21-year-old film

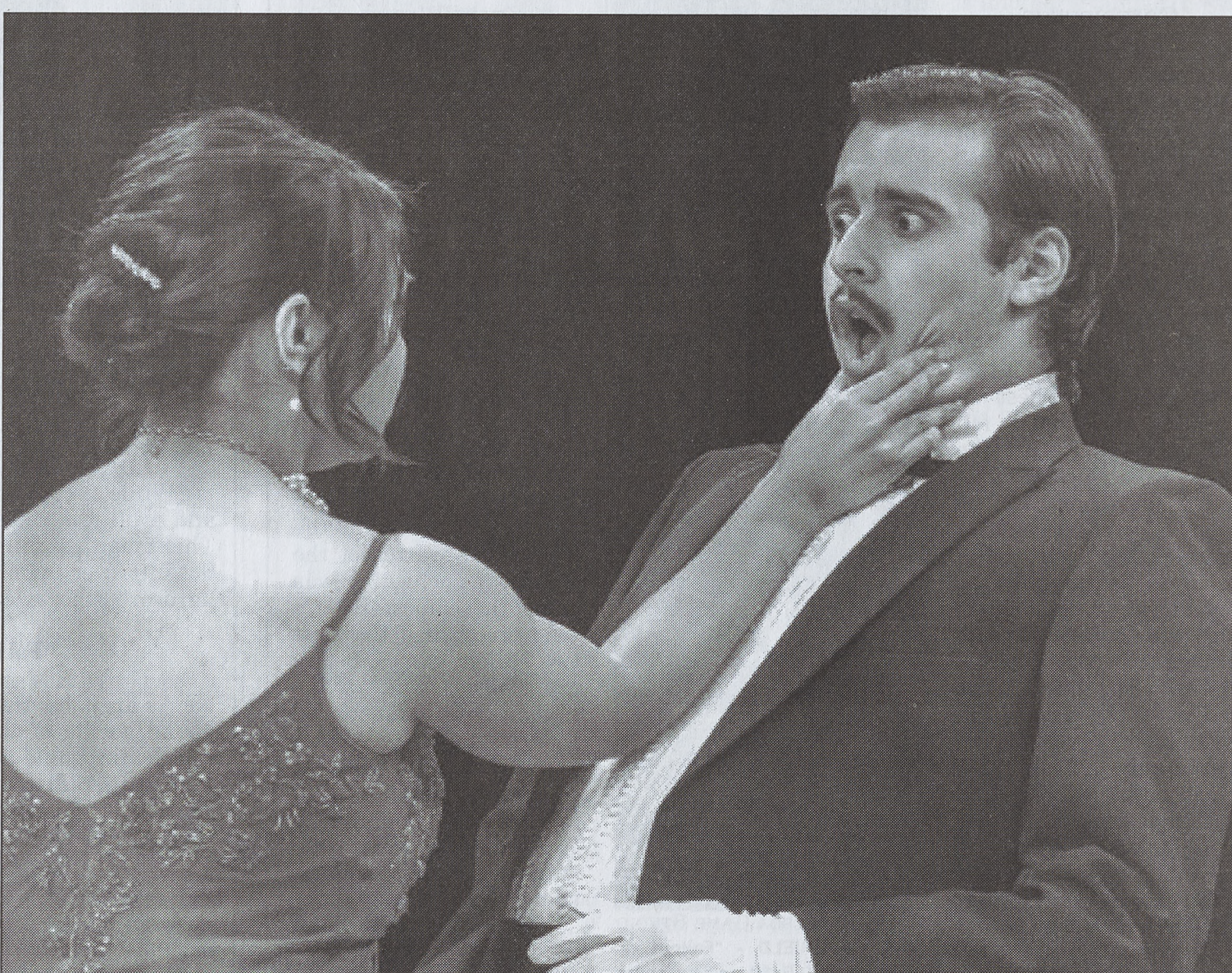
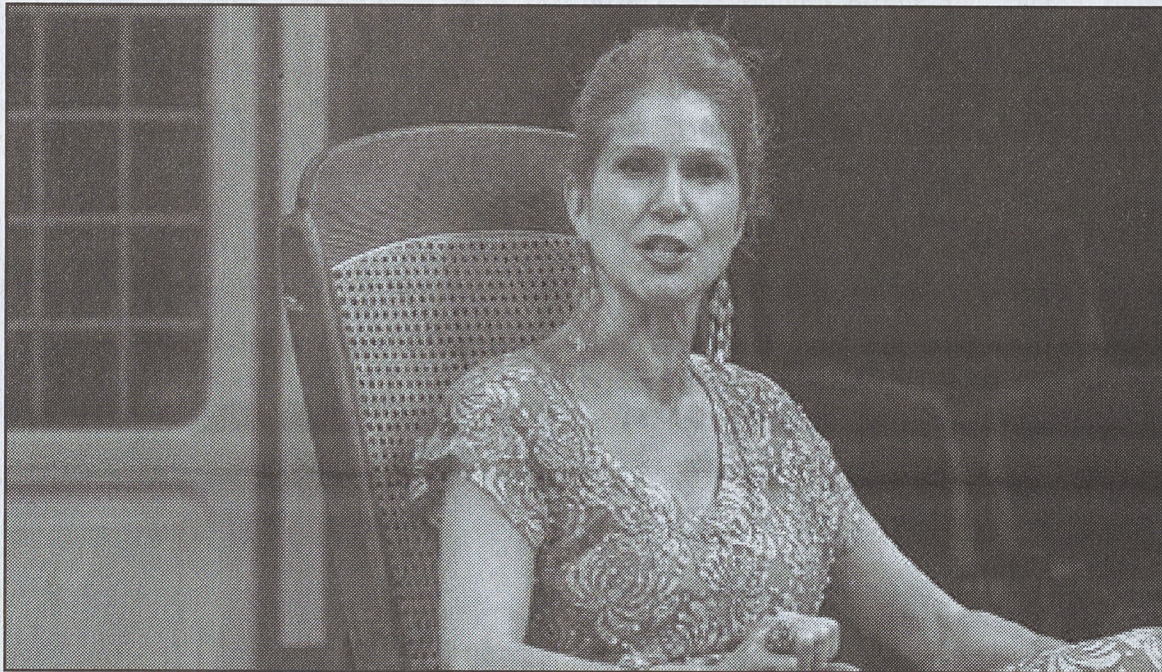
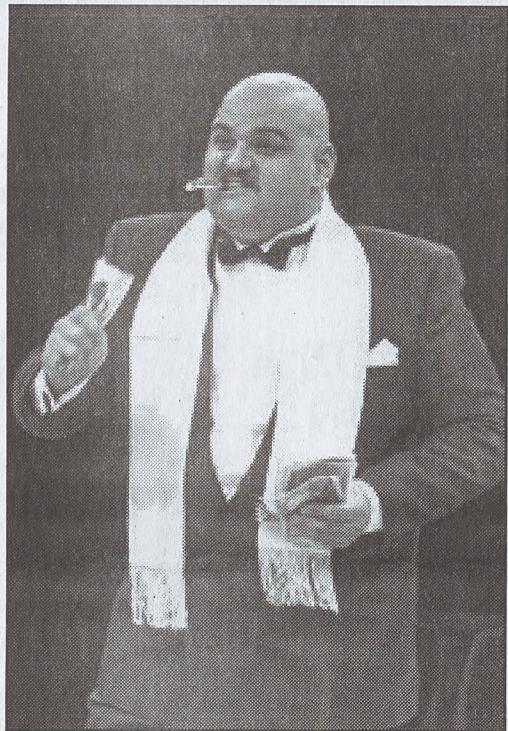
studies and criminal justice major Kathryn Weeks. She is blinded by the feelings from someone who doesn't love her.

The cast is otherwise populated by selfish, greedy, dishonest types

such as Messerschmann (Nick Goodreau), Lady India (Renee Nadres), and Patrice Bombelles (Andrew Gibson). Others such as Madame Desmortes (Ann Kriss), show us that even with age, one can become

blinded to the value of life, but in the end can change through actions that are worth a lot more. The amusing Romainville (Steven Montoya) and Isabelle's mother (Amparo Chepote) provided comic relief.

PHOTOS BY
BELEN CAMPIRANO & ALVIN CUADRA



ETC.

7

He'd love to give up his chair

■ Stem-cell therapy might help Van Nuys resident suffering from cerebral palsy to walk at last.

BY TIERNEY ZAMBITO
CONTRIBUTOR

"I see people every day who are running past my wheelchair and it breaks my heart," says Adam Dahan. "I feel so left out. I didn't know where to turn, so when I heard about stem cell, I knew that it was probably my only hope."

The 27 year old has never known what it feels like to walk. When he was born, the umbilical cord wrapped around his neck, cutting off the flow of oxygen to his brain. As a result, he developed cerebral palsy.

Scientists continue to research stem-cell therapy for patients with Adam's condition. Stem cells work by targeting damaged tissues in the body and repairing them. The effectiveness of the treatment depends on the amount of stem cells introduced into the body at a time. The greater the amount, the higher the chance of seeing progress.

Some believe this approach may help regain vital motor functions such



TIERNEY ZAMBITO / VALLEY STAR
A NEW HOPE - Adam Dahan sees a chance.

as swallowing and improve muscle strength and more for patients with cerebral palsy. Though it is still considered experimental, many patients who have benefited from the therapy. There is currently only one doctor in the area, in San Clemente,

treating patients with this method, which is costly. For Dahan, the therapy for his particular condition runs about \$100,000.

Adam has undergone about \$20,000 worth of such treatments and has seen significant improvement in his quality of life, which he attributes to the therapy. For the first time, he is now able to feed himself, move his foot and lift his head. He can even speak more clearly.

Adam's caregiver, Scott Sperber, 63, said, "It is amazing to see. I took him to a Madonna concert in Las Vegas and I saw him move his foot to the music; he actually moved it. He has never been able to do that. We were both so happy."

Adam is currently living on disability and has been unable to find a job in order to assist him with the costs of his treatments, although he does perform as a DJ on the Third Street Promenade in Santa Monica. Dahan also deejays for various private parties and events. He and Sperber have created a crowdfunding campaign to help.

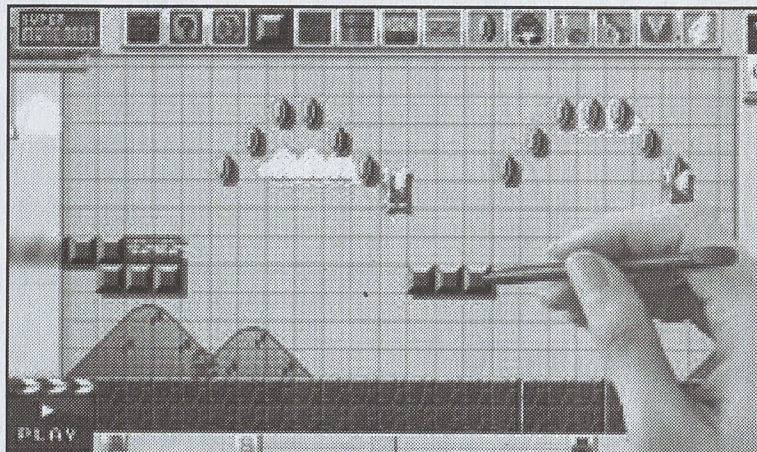
"I can't believe how much better I feel since I began this," said Dahan. "I feel like a whole new person. I can't wait till I can finally walk."

To donate, visit:
<http://adamdahan.us/HowToDonate>
Or: <https://gofundme.com/cc2ddg9g>

'Games'

continued from page 5

FOR WiiU
(MSRP \$299.99)



BAGOGAMES FLICKR.COM
LEVEL UP - "Super Mario Maker" has been fall's hottest Nintendo game since its September release.

The road for Nintendo's WiiU has been rocky to say the least. Third-Party publishers have all but abandoned the system and even Nintendo's own games have been MIA this year.

While we were initially going to get new "Star Fox" and "Zelda" titles in 2015 their delays into the next calendar year have left the lineup a little dry. That said there are a few great picks for Nintendo's three-year-old system.

"Super Mario Maker" Msrp 59.99

Have you ever wanted to make your own Mario game? That's the question posed by the plumber's latest title. In "Mario Maker" players can make their own 2D Mario levels and tweak them to their hearts content. Want to remix the first "Super Mario bros"? Done. Want to build crazy multistage contraptions? Also done. Want to just kick back for a couple hours and see what the communities created? You can do it all!

"Splatoon" Msrp 59.99

As the big N's first all-new title in years "Splatoon" is a wild and creative multiplayer shooter that asks, "do you want to be a squid kid?" If that answer is "what the heck is a squid kid", then hear us out. Splatoon has you playing as your own custom squid kids as you try to cover another team's base in colorful goo. In order to accomplish this, you'll swap between a squid that can move underneath said fluid and a kid who shoots it.

While this seems a little odd on paper "Splatoon" is one of the most accessible and fun multiplayer shooters in years and a great pick for gamers of all ages.

'Saving'

continued from page 1

It's done, in part, by taking boys, ages 10 and up, and having them act out scenarios to learn how to survive "gang-type encounters."

About four months after the death of Price, Elijah Galbreath, 16, was fatally shot while walking in his neighborhood. Galbreath, a football player at Augustus Hawkins High School, was walking towards his home when a light-colored Sedan approached him. It was assumed Galbreath was asked of his gang affiliation or where he was from. According to the L.A. Times, Compton has been the 27th deadliest neighborhood out of L.A.'s 270 over the last year.

"As I was raising my oldest son, I always told him 'don't let nobody sweat you.

If they look at you wrong, smash them," said Alicia Cass, 45.

Cass, a former gang member, delivered a testimony to young men and their parents at a SBB-hosted "Real Scenarios and Real Solutions" event to shed light on the seriousness of gang violence. She reflected on how it was being an African American female involved with gangs and spoke on her introduction to prostitution because of gang banging. Cass didn't stop "banging" until age 27 where she enrolled at USC, obtained a degree, and had eight children. Save Black Boys has a website for more information and ways to donate to the program. The website features a powerful quote from Fredrick Douglas as its tag line:

"I would rather build a strong child, than repair a broken man."



KITIANA ADAMS / CONTRIBUTOR
COME TOGETHER - "Save Black Boys" is working to inspire L.A. youth.

'Skeptic'

continued from page 5

colors, poor combat, bad controls, invisible walls and terrible voice acting drove me away.

New Vegas a few years later fixed some of the issues that made me so despise its for runner, but never enough to get me past even level 10.

So needless to say I was not terribly excited for the latest entry in the franchise, but I should have been.

Fallout 4 is a love letter to Fallout fans, wrapped up in a gameplay engine that is actually capable of real time combat.

Without losing any of the things that so endeared the series to its core fans: dark semi-ridiculous humor, vast landscapes, mysterious vaults, and a near inexhaustible amount of things to do, Fallout 4 has made itself accessible to a much wider range of potential fans.

Gone are the muddy colors and flat palette, instead a slightly exaggerated satu-

ration makes colors pop and shadows deepen.

Though there are still some muddy textures, as in all Bethesda games, these will most likely be fixed by way of patching or by fans with modding expertise.

The gunplay is subpar to your standard pure FPS, but more than serviceable when compared to the atrocious combat of the games previous iterations.

The game world is enormous, varied and highly detailed. If you keep your eyes peeled you can discover numerous easter eggs, secrets, story, and just plain old world building content like skeletons holding each other in a half collapsed home from before the bombs dropped.

Over all the presentation is masterful and you may find yourself simply stopping to enjoy the scenery.

All in all Fallout 4 has made me a believer, and so so so excited to see what Bethesda has in store for their next Elder Scrolls offering.

'Fallout'

continued from page 5

world than the one you left. In fact, even if you've already visited the wasteland in previous entries "Fallout 4" does a great job of making it's world feel alien all over again. After all this is a world thats incredibly rich, dense, and absolutely gargantuan. There are many well developed characters, factions, and quests all vying for your attention and you'll be inclined to discover them all.

This serves to form one of the more interesting narratives I've yet experienced in a game of this size, "Fallout 4's" story is both deliberate in its actions, surprising, and unbelievably well developed, I simply can't recommend it enough.

In terms of its gameplay "Fallout 4" shares much of the same DNA and design principles as Bethesda's other roleplaying games. You're dropped off in a massive world with many things to do and lots of ways to complete them but, in the same

way that "Skyrim" refined the mechanics of Bethesda's "Oblivion", "Fallout 4" feels like a well-oiled machine when compared to "Fallout 3" or "New Vegas."

A prime example of this is the minute to minute combat, where previous Fallout titles felt stiff in contrast to many first person shooters on the market, "Fallout 4" makes great strides in making the gunplay feel good. Rather than the sometimes clunky nature of "3's" weapons, that more often than not had players relying on that "V.A.T.S" (Vault-Tec-Assisted-Targeting-System) targeting mechanic. Speaking of which it's also been changed in this latest incarnation, instead of fully pausing the action it merely slows time while you pick your targets, this adds a degree of urgency to what was otherwise coffee break time in "Fallout 3".

Like other roleplaying games, much of the fun in "Fallout 4" comes for exploring the game world and discovering all it has to offer, you can easily spend just as much time taking in the

scenery of the game and scavenging notes and collectables as you can completing any of the main quests.

In addition to the usual tropes of the genre "Fallout 4" adds a new building mechanic to the mix that allows the player to make their own towns by building homes, setting up defenses, growing food, and making trade routes.

This is without a doubt the most unexpectedly awesome, fruitful additions to the game and can suck up hours of your time as you cultivate the perfect settlements.

In terms of the presentation, "Fallout 4" is much improved when compared to Bethesda's last release "Skyrim" offering improved viewing distances and for the first time ever full voice acting for your character in addition to the citizens of the wasteland.

Couple these improvements with an excellent soundtrack and much improved sound effects and this is the total and complete package.

This is a game that

everyone who enjoys the medium should experience, everything from the art, to the gameplay, and well-written narrative serve to make "Fallout 4" one of the finest releases of the whole year.

'Open'

continued from page 1

Kajikian brought down the house with her rendition of Prince's "Purple Rain."

Apart from concessions and donations, the club raised funds by holding a raffle for gift baskets.

The theme of the night was put best by MC William Craig, who rapped: "Don't be fooled by what you see / There's a lot more ability inside of me! / If you think I can't, you better think again / I get ability from my friends! / There's a lot more to me than you can see / Please don't 'dis my ability!!!"

'Holidays'

continued from page 4

faint sound of church bells in the distance. The men were somehow so transformed by the sound that

they were able to put down their weapons momentarily and sang, "Silent Night." His memory of this event still brought a tear to his eye when he relayed it to me. He described it as "one of the most powerful experiences

of his life."

Wherever your journey takes you this holiday season, we at the Valley Star wish everyone peace and happiness!

HAPPY HOLIDAYS
FROM THE VALLEY STAR

For more content, please visit: TheValleyStar.com

NoHo soul food location almost hits the spot ... almost

■ **Sweetie Pie's in North Hollywood has the all the trappings of a great soul food restaurant ... except soul food you can call "great."**

By **SOLOMON SMITH**
CONTRIBUTOR

Sweetie Pies tries to bring a taste of southern cooking to the North Hollywood area, but bland choices hamper the experience.

Taking over the now-defunct Phil's Diner, a well-known spot next to the Laemmle Theatre NoHo on Lankershim in North Hollywood, Sweetie Pies has found a location that fits in perfectly with the friendly, grandma's kitchen vibe. Inside is the small wooden interior of an old train car, complete with a low arched roof and random photos from the history of the building itself.

Friendly staff greet you, offering you sweet tea, a southern favorite. The food is served on checkered wax paper and cafeteria style trays a nice idea, but diners want plates. Over all, the down-home feeling you would expect without the processed feel of the typical themed restaurant. If only the food itself could keep up.

A soul food restaurant is expected to offer certain standard fare and Sweetie Pies is missing one major item, its namesake, the sweet potato pie, a glaring and ironic omission.

The rest of the usual suspects, fried chicken, fried catfish, and side dishes like mac and cheese, and collard greens do make an appearance on the menu, but fail to perform when served.

The main entree of any southern or soul-food restaurant is the fried chicken. The chicken was the star of the show, crunchy but not greasy, a little under seasoned, but still good. The catfish was soft, almost slimy, and battered with

something other than cornmeal, a baffling choice in southern-fried catfish.

The sides, however, did not get any better. Pepper was the problem with every side, even the mac and cheese, a well-cooked cheesy version, was murdered with excess pepper.

The collard greens also suffered the same fate, over saturated with pepper, instead of hot sauce. Everything was served with cornbread, warm sweet, wonderful cornbread.

Overall all Sweetie Pies is not a bad experience, with under seasoned, but decent food, and a strange fondness or pepper. The decent fried chicken, wonderful cornbread, and abundance of sweet tea, make it a nice stop for a less fussy lunch break.

The menu offerings are simple, the service friendly, and the environment cozy-coupled with a location in the heart of the NoHo Arts District, and midrange prices, Sweetie Pies could be a fun first date experience.



ALVIN CUADRA / PHOTO EDITOR

TV READY - Robbie Montgomery's collection of soul food restaurants "Sweetie Pie's," has extended out west to the Valley, as "TJ's Sweetie Pie's" opened in North Hollywood in early June. The restaurants have received more attention in recent years since their TV show, "Welcome to Sweetie Pie's," has been airing on OWN since 2011.



ALVIN CUADRA / PHOTO EDITOR

For additional content online, please visit:

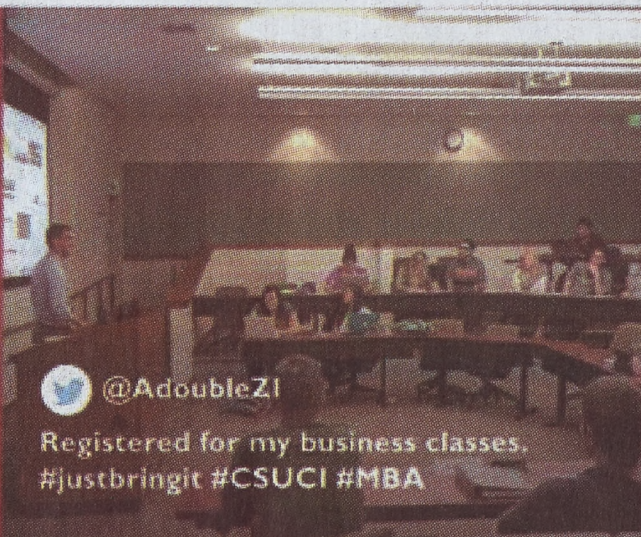


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@lisamireles

I love this dang dolphin and my school 🐬 #FunPatrol



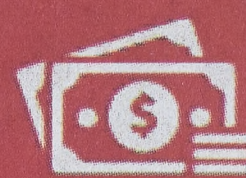
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